

At-A-Glance

Build a Kit

One of the cornerstones of Preparedness is having the supplies you need when you need them. FEMA recommends a basic kit, but a personal preparedness kit can include anything you want or need. Keep it portable and only essential items. Below are suggestions and recommendations.



A Good Preparedness Kit for your home should contain....

- Water: one gallon per day per person
- Food: Non-Perishable
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First Aid Kit
- Prescription Medications and glasses
- Signal Whistle
- Dust Mask
- Personal Sanitation Items
- Wrench or pliers to turn off utilities
- Can Opener for food (if kit contains canned food)
- Local Maps

*Extra batteries for your kit are recommended

Also consider...

- A fully-charged cell phone and phone charger
- Important family documents
- Flares or reflective triangle
- Baby formula and diapers if you have a small child
- Be prepared for an emergency by keeping your gas tank full and if you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives

A Good Preparedness Kit for your pet should contain...

- Food: 3 days in an adequate container
- Water: 3 days worth
- Medicines and Medical Records
- First Aid Kit: Talk to your veterinarian about what your pet needs
- Collar with ID tag, harness, or leash
- Crate or other Pet Carrier
- Sanitation: Litter, newspaper, and items to clean up messes
- A picture of you and your pet together:
 - A picture of both of you can help with the reunification process
- Familiar Items, such as toys. These can help reduce stress

A Good Preparedness Kit for your automobile should contain...

- Jumper cables
- Flashlights and extra batteries.
- First aid kit and necessary medications in case you are away from home for a prolonged time
- Food items containing protein such as nuts and energy bars; canned fruit and a portable can opener
- Water for each person and pet in your car
- AM/FM radio to listen to traffic reports and emergency messages
- Cat litter or sand for better tire traction
- Shovel and ice scraper
- Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes
- Blankets or sleeping bags

BUILD A KIT

Include enough food, water, and medical supplies for your needs in your emergency kit to last for at least 72 hours.



Sources: Federal Emergency Management Agency (FEMA)



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